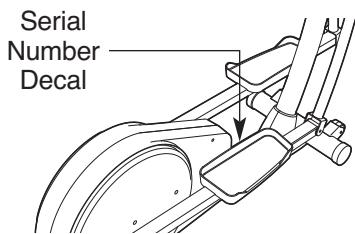




CROSS TRAINER 800S

Model No. HREVEL3014.2

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

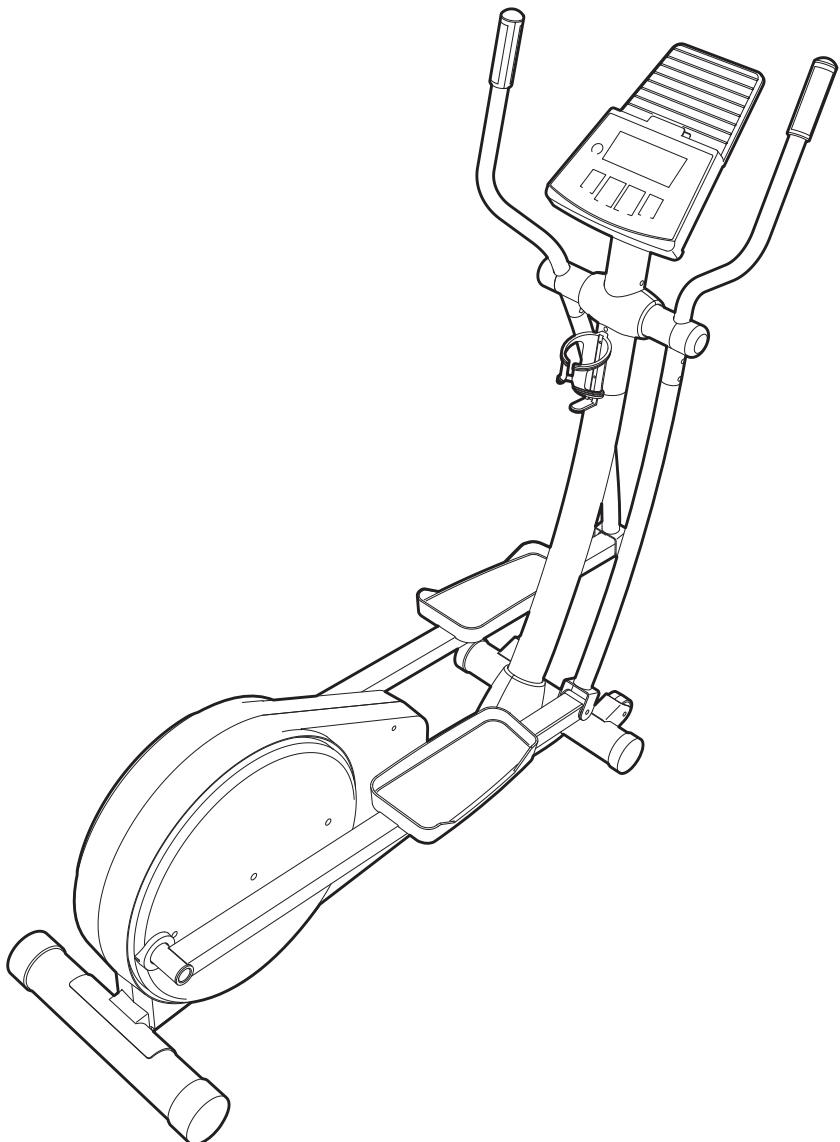
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

e-mail: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser. Use the elliptical exerciser only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.
9. When mounting and dismounting the elliptical exerciser, always hold the handlebars and step onto and off the pedal that is in the lowest position.
10. The elliptical exerciser does not have a free-wheel; each time you stop pedalling, allow the pedals to come to a complete stop before you dismount.
11. Always keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
13. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

⚠ WARNING: Before beginning this or any exercise program, consult your physician.

This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

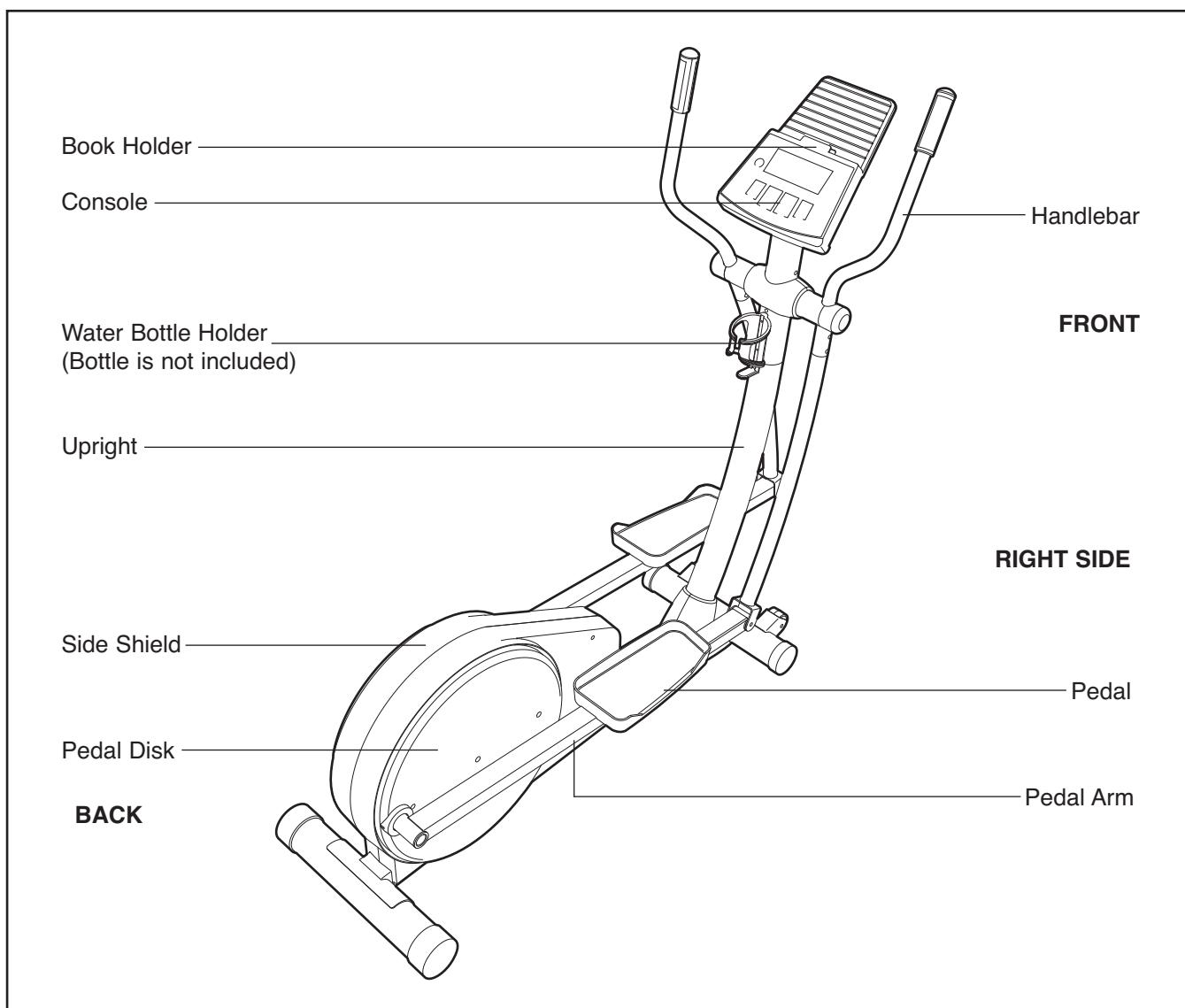
BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider® CROSSTRAINER 800 S low-impact elliptical exerciser. The CROSSTRAINER 800 S is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please call our

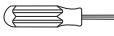
Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is HREVEL3014.2. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

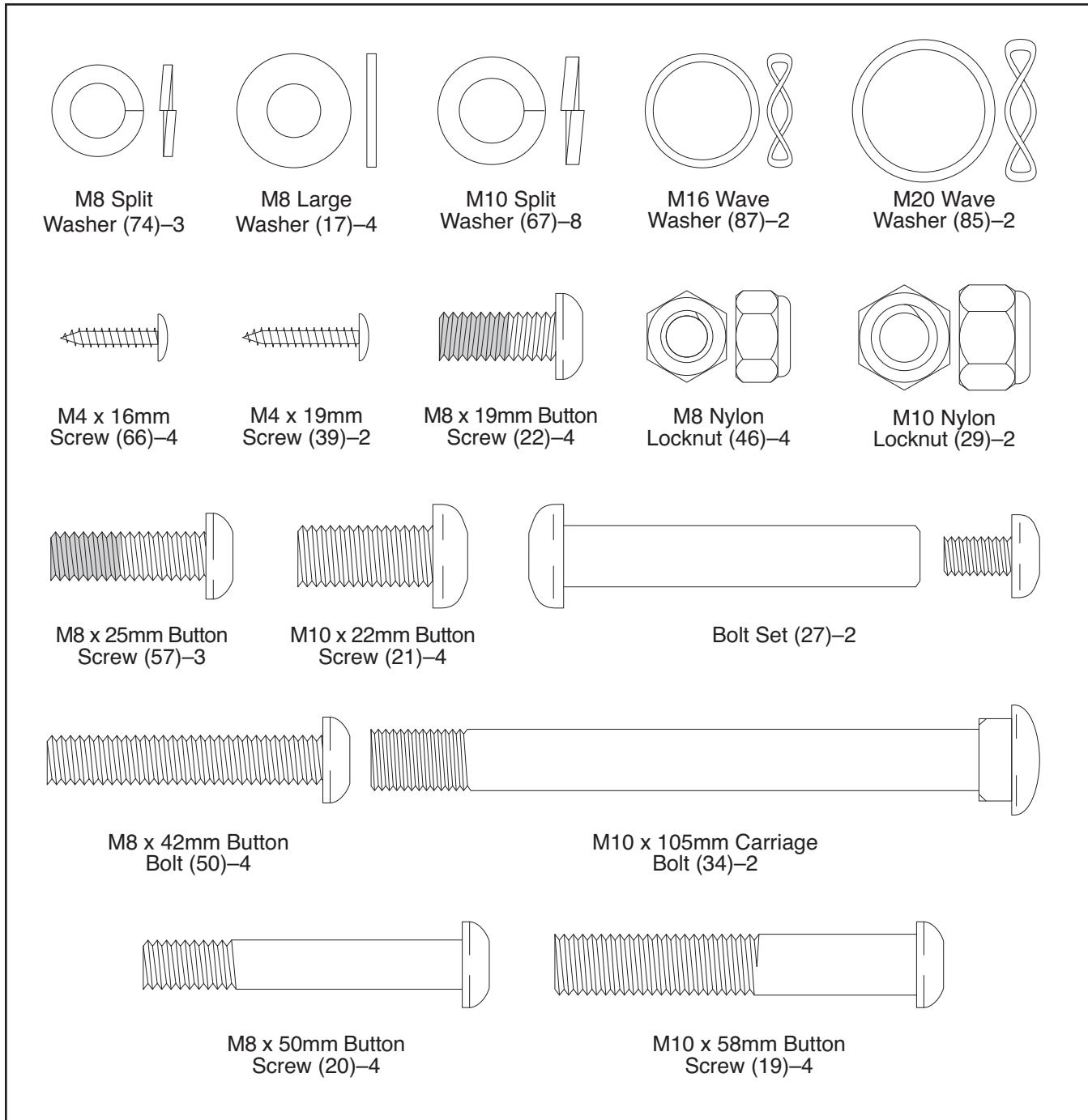


ASSEMBLY

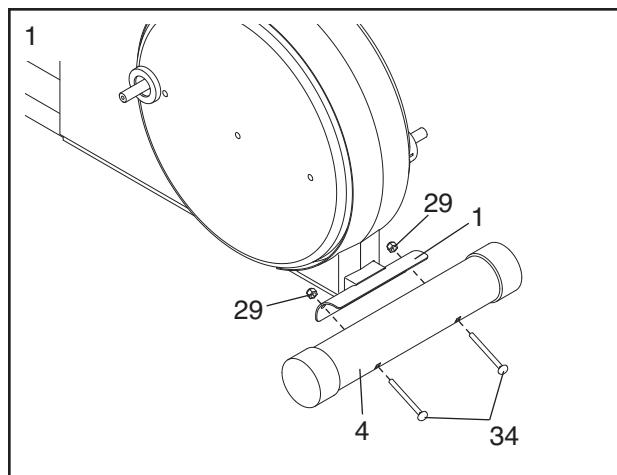
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a phillips screwdriver  , two adjustable spanners  , and a rubber mallet .

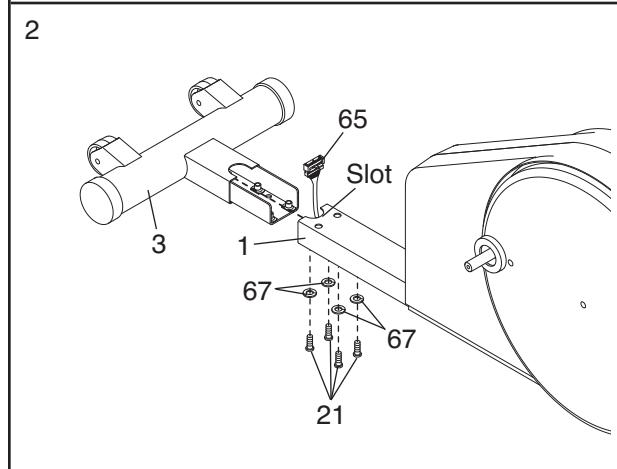
See the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**



1. Attach the Rear Stabiliser (4) to the Frame (1) with two M10 x 105mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).

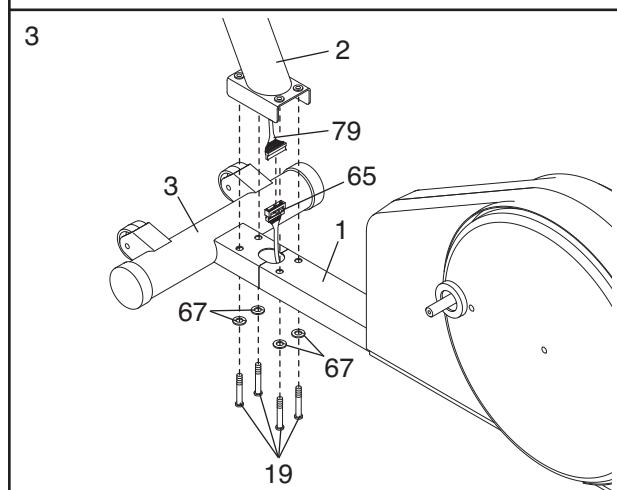


2. Hold the Lower Wire Harness (65) in the indicated slot in the Frame (1), and insert the Front Stabiliser (3) into the Frame. **Make sure that the Front Stabiliser is oriented as shown. Be careful to avoid pinching the Lower Wire Harness.** Carefully tip the elliptical exerciser onto one side, and attach the Front Stabiliser with four M10 x 22mm Button Screws (21) and four M10 Split Washers (67).

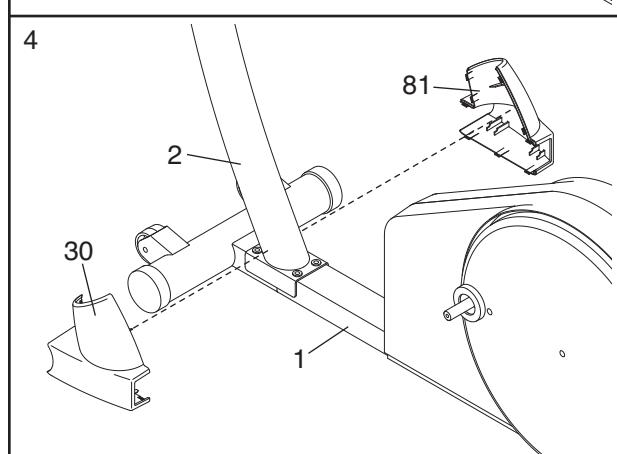


3. Whilst another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (79) to the Lower Wire Harness (65). Carefully pull the upper end of the Upper Wire Harness to remove any slack, and set the Upright on the Front Stabiliser (3) and the Frame (1). **Be careful to avoid pinching the Wire Harnesses.** Align the holes in the Upright with the holes in the Front Stabiliser and the Frame.

Carefully tip the elliptical exerciser onto one side, and attach the Upright (2) to the Front Stabiliser (3) and the Frame (1) with four M10 x 58mm Button Screws (19) and four M10 Split Washers (67).



4. Gently separate the Left and Right Frame Covers (30, 81). Hold the Frame Covers around the Upright (2) and the Frame (1) as shown. Firmly press the Frame Covers together.



5. Hold the Console Bracket (26) near the Upright (2), and locate the wire extending from the bottom of the Console Bracket. Carefully pull the upper end of the Upper Wire Harness (79) to remove any slack, and tie the wire around the Upper Wire Harness, as shown in the inset drawing. Carefully pull the wire up through the Console Bracket until the Upper Wire Harness is extending from the top of the Console Bracket. Then, untie the wire and discard it.

Insert the Console Bracket (26) into the Upright (2).

Be careful to avoid pinching the Upper Wire

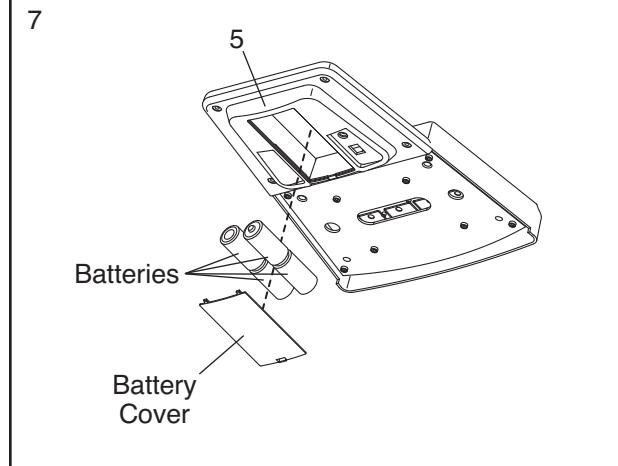
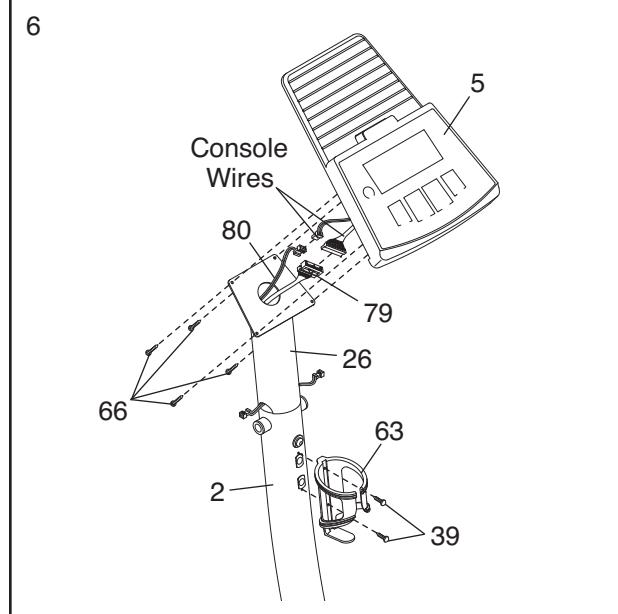
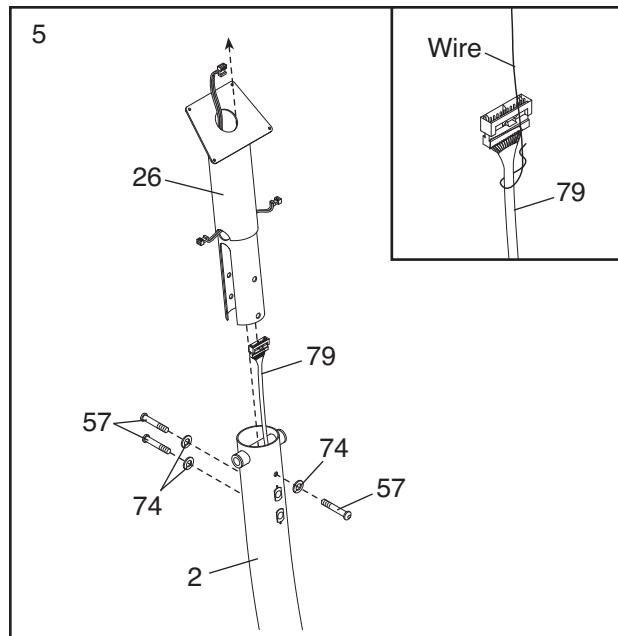
Harness (79). Attach the Console Bracket with three M8 x 25mm Button Screws (57) and three M8 Split Washers (74).

6. Whilst another person holds the Console (5) near the Console Bracket (26), connect the wires on the Console to the Upper Wire Harness (79) and the Pulse Wire Harness (80). Insert the Wire Harnesses down into the Upright (2).

Attach the Console (5) to the Console Bracket (26) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harnesses.**

Attach the Water Bottle Holder (63) to the Upright (2) with two M4 x 19mm Screws (39).

7. The Console (5) requires four "D" batteries (not included); alkaline batteries are recommended. Look under the Console and locate the battery cover. (Note: The drawing shows the Console removed for clarity.) Press the tab on the battery cover and remove it. Insert four batteries into the console, **making sure that the batteries are oriented as shown by the diagram inside the Console.** Reattach the battery cover to the Console.



8. Identify the Left Handlebar (9) and the Left Handlebar Leg (73), which are marked with stickers.

Insert the Left Handlebar (9) into the Left Handlebar Leg (73). **Make sure that the short tube on the Left Handlebar and the hexagonal holes in the Left Handlebar Leg are on the same side.** Attach the Left Handlebar with two M8 x 42mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Do not tighten the Button Bolts yet.**

Attach the Right Handlebar (not shown) to the Right Handlebar Leg (not shown) in the same way.

9. Insert the Pivot Axle (38) through the Upright (2). Apply a generous amount of the included grease to the Pivot Axle.

Identify the Left and Right Handlebars (9, 10), which are marked with stickers. Have another person hold the Left Handlebar near the left end of the Pivot Axle (38). Insert the left Pulse Sensor Wire (71) through a Handlebar Spacer (25). **Make sure that the Handlebar Spacer is oriented as shown, with the small cutout on top.** Slide the Handlebar Spacer onto the short tube on the Left Handlebar.

Connect the Pulse Sensor Wire (71) to the Pulse Wire Harness (80), and insert the Pulse Sensor Wire and the Pulse Wire Harness into the opening in the side of the Console Bracket (26). Next, slide the Left Handlebar (9) onto the Pivot Axle (38). **Be careful to avoid pinching the wires.** Assemble the Right Handlebar (10) in the same way.

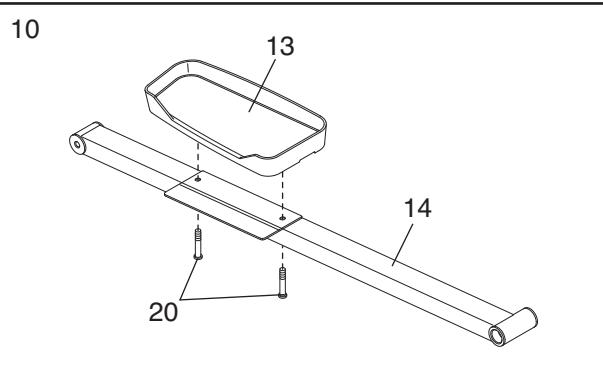
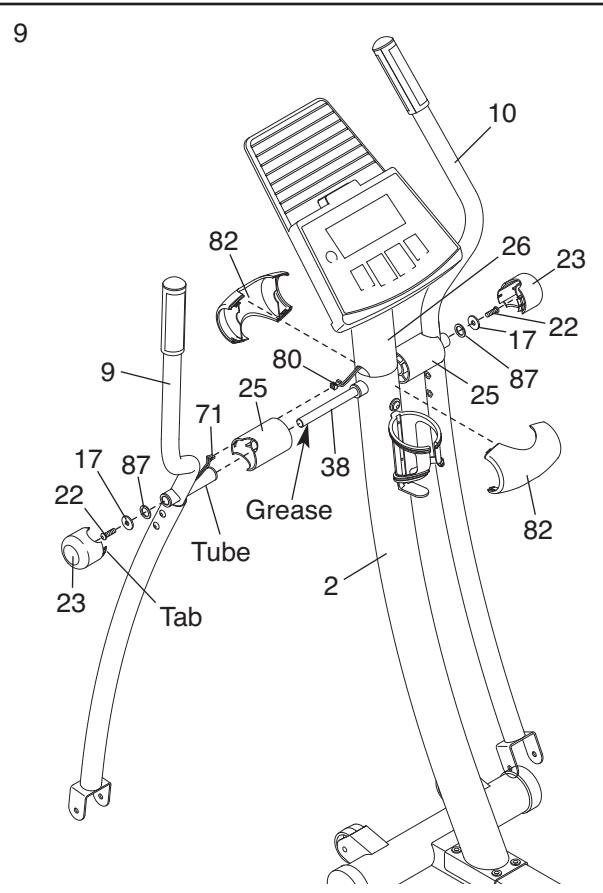
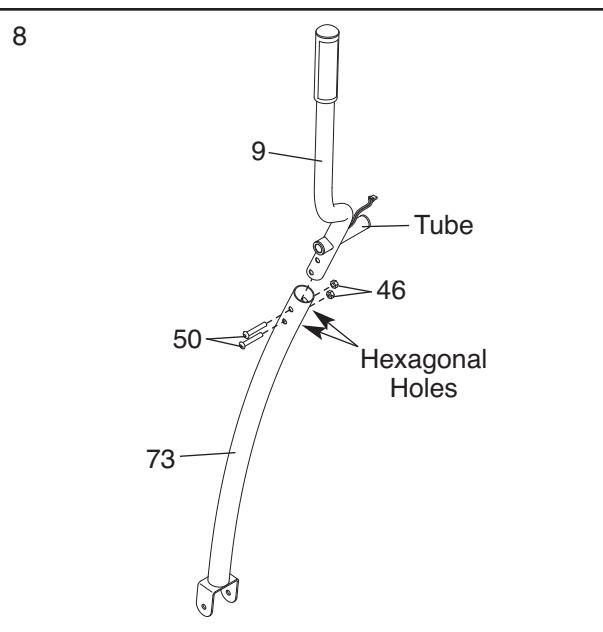
Place a M16 Wave Washer (87) on each end of the Pivot Axle (38). Next, tighten an M8 x 19mm Button Screw (22) with an M8 Large Washer (17) into each end of the Pivot Axle. Then, orient the two Handlebar Caps (23) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (25).

Gently separate the two Upright Covers (82). Hold the Upright Covers around the Upright (2), and firmly press the Upright Covers together.

10. Identify the Left Pedal (13), which has an "L" molded into its bottom surface, and the Left Pedal Arm (14), which is marked with a sticker.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with two M8 x 50mm Button Screws (20).

Attach the Right Pedal (not shown) in the same way.



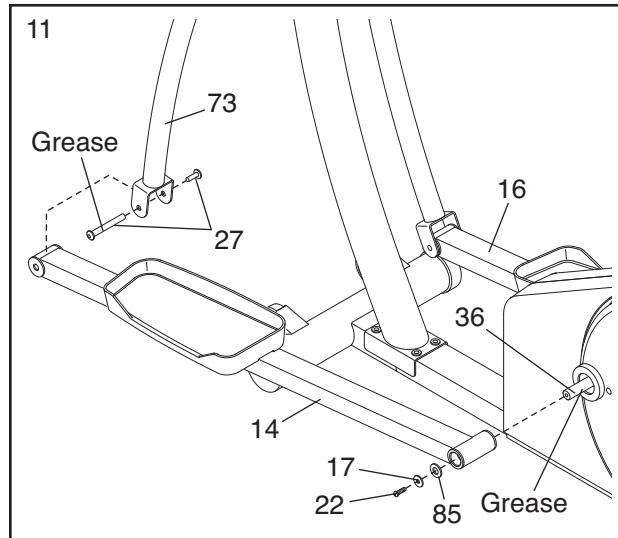
11. Apply a thin film of grease to the shaft of a Bolt Set (27) and the post on the left Crank Arm (36).

Slide the Left Pedal Arm (14) onto the post on the left Crank Arm (36). Attach the Left Pedal Arm with a M20 Wave Washer (85), an M8 Large Washer (17), and an M8 x 19mm Button Screw (22).

Attach the Left Handlebar Leg (73) to the Left Pedal Arm (14) with the Bolt Set (27).

See step 8 on page 7. Tighten the M8 x 42mm Button Bolts (50). **Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.**

Attach the Right Pedal Arm (16) to the right side of the elliptical exerciser in the same way.



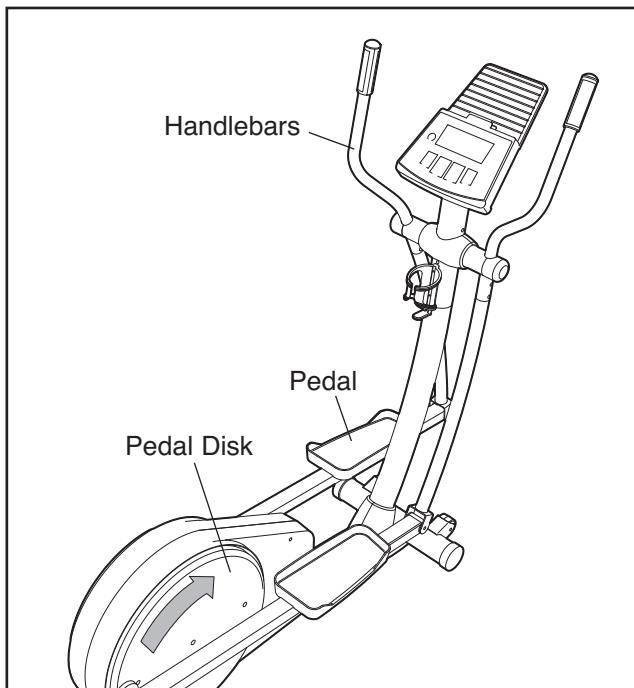
12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL EXERCISER

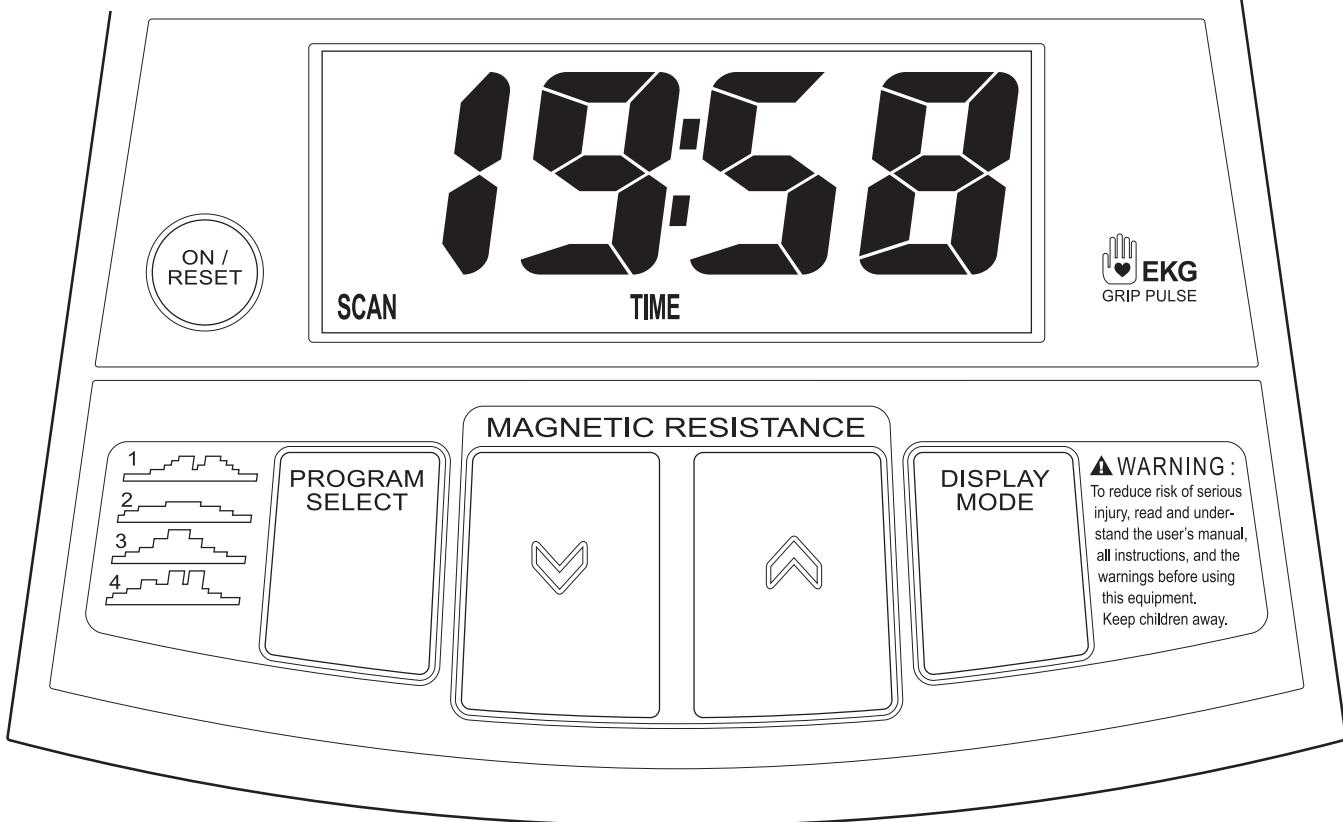
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the handlebars and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown at the right; however, for variety, you can turn the pedal disks in the opposite direction.**

To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **CAUTION: The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



HOW TO OPERATE THE CONSOLE



The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be adjusted with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also features four preset workout programs. Each program automatically changes the resistance of the elliptical crosstrainer as it guides you through an effective workout.

Note: The console requires four "D" batteries (not included). If batteries have not been installed, see step 7 on page 6. If there is a sheet of clear plastic on the face of the console, remove it.

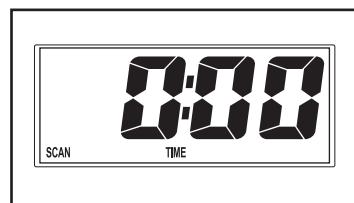
HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedalling.

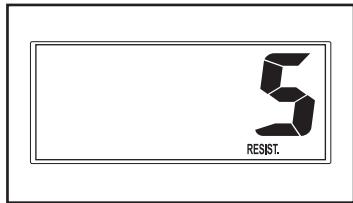
2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If you have selected a preset program, select the manual mode by pressing the Program Select button repeatedly until three zeros (0:00) appear in the display.



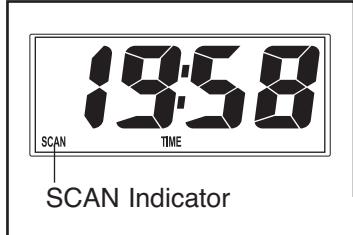
3 Begin pedalling and adjust the resistance of the pedals.

As you pedal, adjust the resistance of the pedals as desired by pressing the Magnetic Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a few seconds for the pedals to reach the selected setting.



4 Follow your progress with the display.

When the console is turned on, the scan mode will be selected and the SCAN indicator will appear in the display. As you pedal, the console will display six different modes: your pedalling speed, the elapsed time, the distance that you have pedalled, the resistance level, and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 13 for an explanation of fat calories). In addition, the console will display your heart rate when you use the handgrip pulse sensor. Note: Each time the resistance level changes, the console will display the resistance level for a few seconds. When a preset program is selected, the console will show the time remaining in the program instead of the elapsed time.



If desired, you can select a single mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or KM/H), TIME, DIST., RESIST., CALS., or FAT CALS. indicator appears in the display. Make sure that the SCAN indicator does not appear.

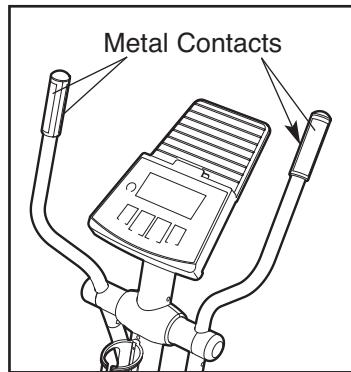
To view all modes, press the Display Mode button repeatedly until the SCAN indicator appears.

To reset the display, press the On/Reset button.

Note: The console can display speed and distance in either miles or kilometres. To change the unit of measurement, hold down the On/Reset button for about six seconds. Mode indicators (MPH for miles or KM/H for kilometres) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to re-select the desired unit of measurement.

5 Measure your heart rate if desired.

Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, **stop pedalling** and place your hands on the metal contacts. Your palms must be on the contacts closest to you and your fingers must be touching the other contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats, two dashes (--) will appear, and then your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the console will display your heart rate continuously for 15 seconds. The console will then display your heart rate along with the other modes.

6 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will automatically turn off to conserve the batteries.

HOW TO USE A WORKOUT PROGRAM

1 Turn on the console.

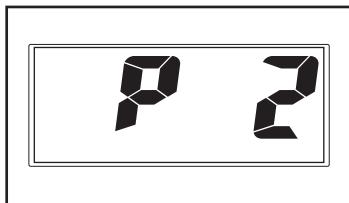
See step 1 on page 9.

2 Select a workout program.

Each time the console is turned on, the manual mode will be selected.

To select a workout program, press the

Program Select button repeatedly until P 1, P 2, P 3, or P 4 appears in the display.



The diagrams numbered 1 through 4 on the left side of the console show how the resistance level will change during the workout programs. For example, diagram number 3 shows that when program 3 is selected, the resistance will gradually increase during the first half of the program and then decrease during the last half.

3 Begin pedalling to start the program.

To start the program, simply begin pedalling. Each workout program consists of 20 one-minute periods. One resistance setting is programmed for each period. (The same resistance setting may be programmed for two or more consecutive periods.)

At the end of each one-minute period, the resistance of the pedals will automatically change if a different resistance setting is programmed for the next period. Note: If the resistance level is too high or too low, you can change the resistance level by pressing the Magnetic Resistance buttons. However, when the current period ends, the resistance level will automatically change if a different resistance setting is programmed for the next period.

During the program, the console will display the time remaining in the program. If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the display.

See step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 10.

6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 10.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

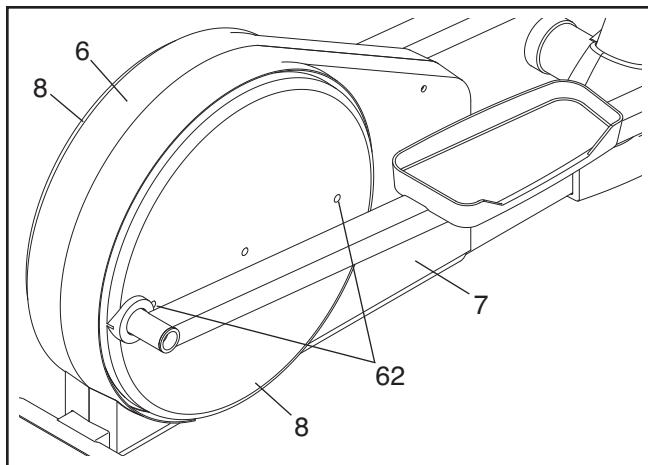
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 7 on page 6.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

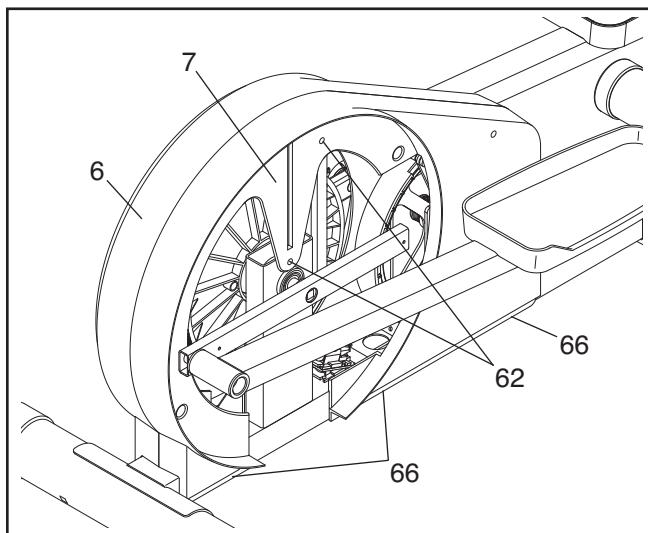
If the handgrip pulse sensor does not function properly, see step 5 on page 10.

HOW TO ADJUST THE REED SWITCH

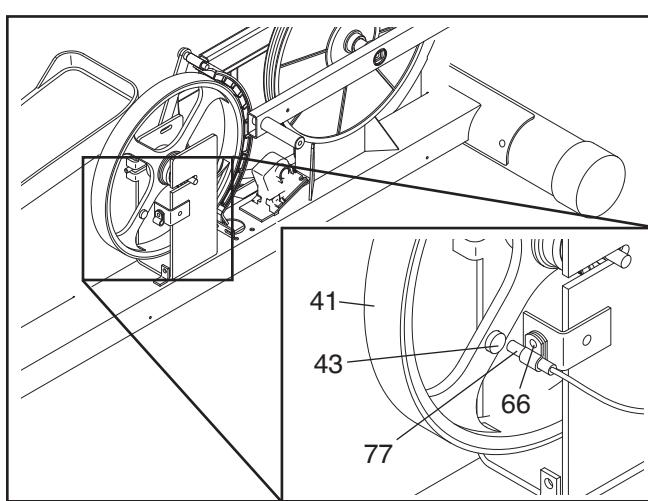
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, remove the indicated Screws (62) from both Pedal Disks (8). Pull both Pedal Disks out of the Side Shields (6, 7). Rotate the right Pedal Disk so that you are able to see beneath it.



Remove the indicated Screws (62) from the Right Side Shield (7). Remove the indicated Screws (66) from both Side Shields (6, 7). Lift the Side Shields off the elliptical exerciser.



Next, locate the Reed Switch (77). Turn the Flywheel (41) until the Magnet (43) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields and the pedal disks.



CONDITIONING GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HREVEL3014.2

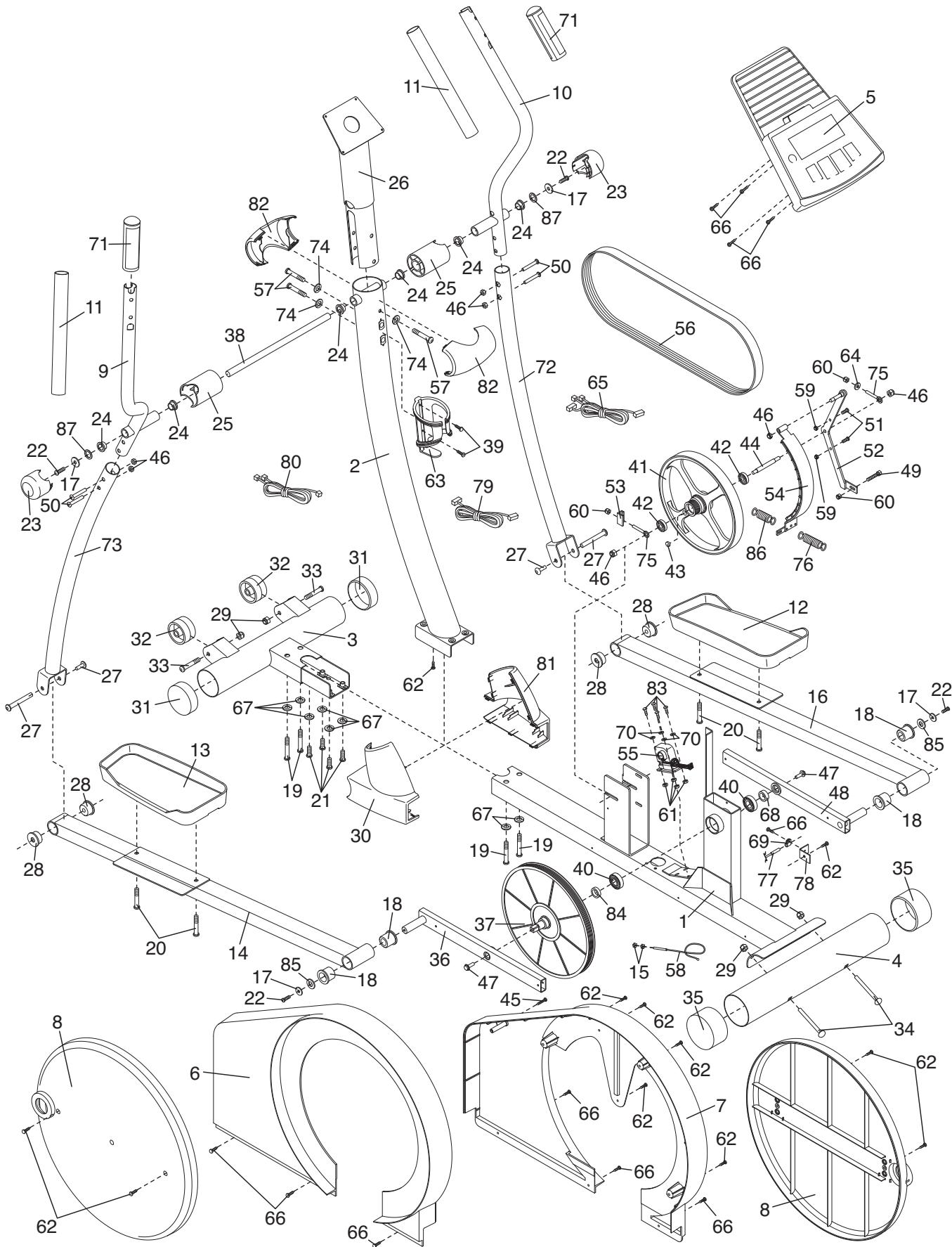
R1105A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	7	M8 Nylon Locknut
2	1	Upright	47	2	Crank Screw
3	1	Front Stabiliser	48	1	Right Crank Arm
4	1	Rear Stabiliser	49	1	M6 x 20mm Bolt
5	1	Console	50	4	M8 x 42mm Button Bolt
6	1	Left Side Shield	51	2	M6 x 16mm Button Bolt
7	1	Right Side Shield	52	1	“C” Magnet Bracket
8	2	Pedal Disc	53	1	“U” Bracket
9	1	Left Handlebar	54	1	“C” Magnet
10	1	Right Handlebar	55	1	Motor
11	2	Foam Grip	56	1	Belt
12	1	Right Pedal	57	3	M8 x 25mm Button Screw
13	1	Left Pedal	58	1	Adjustment Cable
14	1	Left Pedal Arm	59	2	M6 Nylon Locknut
15	2	M5 Nut	60	3	M6 Nut
16	1	Right Pedal Arm	61	4	M5 Nylon Locknut
17	4	M8 Large Washer	62	11	M5 x 16mm Screw
18	4	Rear Pedal Arm Bushing	63	1	Water Bottle Holder
19	4	M10 x 58mm Button Screw	64	1	M6 Large Washer
20	4	M8 x 50mm Button Screw	65	1	Lower Wire Harness
21	4	M10 x 22mm Button Screw	66	11	M4 x 16mm Screw
22	4	M8 x 19mm Button Screw	67	8	M10 Split Washer
23	2	Handlebar Cap	68	1	Pulley Spacer
24	6	Handlebar Bushing	69	1	Reed Switch Clamp
25	2	Handlebar Spacer	70	4	Motor Washer
26	1	Console Bracket	71	2	Handgrip Pulse Sensor/Wire
27	2	Bolt Set	72	1	Right Handlebar Leg
28	4	Front Pedal Arm Bushing	73	1	Left Handlebar Leg
29	4	M10 Nylon Locknut	74	3	M8 Split Washer
30	1	Left Frame Cover	75	2	M6 Eyebolt
31	2	Front Stabiliser Endcap	76	1	Spring
32	2	Wheel	77	1	Reed Switch
33	2	M10 x 60mm Button Bolt	78	1	Reed Switch Bracket
34	2	M10 x 105mm Carriage Bolt	79	1	Upper Wire Harness
35	2	Rear Stabiliser Endcap	80	1	Pulse Wire Harness
36	1	Left Crank Arm	81	1	Right Frame Cover
37	1	Pulley	82	2	Upright Cover
38	1	Pivot Axle	83	4	M5 x 12mm Bolt
39	2	M4 x 19mm Screw	84	1	Small Pulley Spacer
40	2	Crank Bearing	85	2	M20 Wave Washer
41	1	Flywheel	86	1	Tension Spring
42	2	Flywheel Bearing	87	2	M16 Wave Washer
43	1	Magnet	#	1	Allen Wrench, Set
44	1	Flywheel Axle	#	1	Grease
45	1	M4 x 64mm Screw	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. HREVEL3014.2

R1105A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 113 387 7133

Fax: (44) 113 387 7125

To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (HREVEL3014.2)
- the NAME of the product (HealthRider CROSSTRAINER 800 S elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14 of this manual)

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